



October 2009

Issue 10 -

SPRING

Healing at hand



Photograph by [love_child kyoto](#)

BOWTECH[®]
The Original Bowen Technique

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Greetings ...

October is breast cancer awareness month. The incidence of breast cancer among South African women is increasing, with more than 3 800 cases being diagnosed every year. Breast cancer is one of the most common cancers among women in this country. It is the most prevalent cancer amongst white and Asian women and the second most common cancer among black and coloured women. Many women still associate breast cancer with a death sentence, but in reality, early detection of the condition can lead to effective treatment and a positive prognosis. There is no doubt that breast cancer can be fatal and should be treated as an extremely serious disease, but if detected in the early stages there is a strong chance that it can be treated successfully, allowing the patient to lead an active life. Early detection is vital. About 90% of patients survive for many years after diagnosis when breast cancer is detected at the early stages.

Breast cancer brings with it emotional trauma as it strikes immediate fear into the hearts of women. Like many other types of cancers, breast cancer affects self-image. Breasts have always been seen as symbolising the femininity of women, and the thought of losing a breast makes most women very uncomfortable.

It has become crucial to educate the South African public about the dangers of breast cancer - particularly, the need for regular self-breast examination, regular mammograms and provision of information about early detection and the various treatment options available.

Early detection is the key to survival. Care, and become aware!

Visit: <http://tinylink.com/?BNmGrSurET>

Be blessed, *Rashidah*

OATS FOR BREAKFAST

Here are 10 reasons that will convince you to get up a few minutes earlier for a hearty bowl of oats:

- It lowers blood sugar and fat levels in the body;
- It can reduce dangerous LDL cholesterol;
- It can improve sexual vitality and performance;
- It is extremely nutritious: it contains **magnesium, iron, potassium, Vitamin B, calcium, zinc, and vitamin E**;
- It helps prevent gall stones;
- It has a low glycaemic index, which translates to stable blood sugar;
- It is low in fat and can help with weight loss ;
- It contains one of the best amino acid profiles of all grains. Amino acids are essential proteins that help facilitate optimum functioning of the body;
- It contains essential fatty acids, which have been linked with longevity and general good health;
- It contains complex carbohydrates, which can lower your risk of colon, breast, and prostate cancer.



<http://www.americanoats.com/benefits.html>

COMIC RELIEF ...

A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand. 'Daddy, what happened to him?' the son asked. 'He died and went to Heaven,' the Dad replied. The boy thought a moment and then said, 'Did God throw him back down?'

**"The less you talk,
the more you're listened to".**
Abigail Van Buren

THE CRYING GAME



Psychologist Claudia Hammond discusses the 1970s experiment that proved shedding tears really can make you feel better.

Why is it that whenever we're very upset, a clear liquid collects in the corners of our eyes and spills down our cheeks in the form of tears? Even more strangely, after this peculiar event most of us say we feel better. Determined to work out why, in the late 1970s US Professor William Frey set out to discover exactly what tears contain. To capture some samples, Frey invited volunteers to special screenings of sentimental films at a makeshift cinema.

At first, Frey had the volunteers wear special goggles with miniature buckets suspended beneath the eye-pieces, but the tears escaped down the criers' cheeks. He resorted to having people collect their own tears in tiny test tubes. The same volunteers returned at a later date. This time their task was to put their faces over a blender full of freshly chopped onions and to inhale deeply with eyes open for about three minutes. Not surprisingly, the tears soon flowed and, once again, they were collected.

What followed was an extraordinary finding. By analyzing the two types of tears, Frey found that emotional tears cried during the sad film contained 24 percent more protein than the tears induced by onions. He proposed that something special happens every time we shed emotional tears. We feel better afterwards because we are expelling certain chemicals from the body. Although there didn't appear to be a clear link between stress and the proteins found, when Frey dissected tear glands he discovered the presence of two stress-related hormones. He theorized that the reason 85 percent of women and 73 percent of men report feeling better after a good cry is because tears flush out toxic substances that build up as by-products of distress.

There was just one problem with that theory. When you try to demonstrate in a lab that people feel better after a good cry, it doesn't work. It should be simple - ask people to rate their emotional state, show them a sad film, wait for them to finish crying and then ask them to rate their emotional state again to see whether there's been an improvement. Unfortunately, there's usually no difference, suggesting that it's not the expulsion of toxins through tears that make you feel better, but something else.

People are inclined to comfort you when you cry, and that doesn't happen in a lab. Some psychologists prefer this alternative theory: Crying signals to those around you that you need their sympathy or help, then they comfort you and you feel better.

Most people seek privacy if they think they're about to cry, but this second theory suggests you should accept help from those around you instead. However, most people still report feeling better after a good cry, even if they did it privately. So tears are about communicating with ourselves, too. Or maybe both schools of thought are right. We might gain some relief from expelling the toxic by-products of stress, as well as receiving comfort from others. Whichever theory wins, it seems that now and then we shouldn't be afraid to have a good cry.

Psychologies Magazine, Oct/Nov 2007

Tears of laughter have a completely different chemistry to the tears of sadness, yet they are both tears.

A molecule called neuropeptide attaches to our immune system and has a reaction there - Deepak Chopra,

Something in Your Eye?

Occasionally, a speck of dirt, an eyelash or some other small object gets into your eye and causes irritation. Tears usually wash these out. But what should you do if a piece of glass, twig, stone or other large object gets stuck in your eye?

Don't try to remove it and don't rub your eye - keep your eyes as still as possible; place the open side of a paper cup over the injured eye so that nothing touches it or the object; secure the cup in place with a bandage or scarf that covers both eyes (this prevents the injured eye from moving); and get someone to take you to the nearest hospital immediately.



Dark Circles under the Eyes

If the dark circles under your eyes evoke images of boxing matches, it may be time to get more sleep. But it could also be more serious. An under-active thyroid or sensitivity to certain foods could be to blame.

If you're sleeping well, but still have circles under your eyes, consider eliminating possible food triggers from your diet. Start with wheat and then try milk - these are common culprits. If the situation improves upon elimination, discuss possible food substitutions with a dietician. Also cut down on your salt and alcohol intake and drink at least eight glasses of water per day. If the problem persists, pay a visit to your doctor.

www.health24.com

Treating Sciatica with Bowen Therapy

By John Stephens

What is Sciatica?

Sciatica can be very a painful and persistent condition. It is a type of neuritis characterized by severe pain along the path of the sciatic nerve or its branches. Inflammation or injury to the sciatic nerve (common peroneal portion) and its branches results in deep pain that may extend from the buttock down the posterior aspect of the leg and lateral pain in the lower leg. Other symptoms may include foot drop, an inability to dorsiflex the foot and loss of sensation over the lower leg and foot. Sciatica usually affects only one side of the leg and can alternate from one leg to the other.

What causes Sciatica?

Causes of sciatic nerve injury include:

- Lumbar disc herniation (slipped disc) – this is the most common cause in the lumbar region L4-L5-S1 – the soft centre core extrudes through the fibrous wrapping the bulge puts pressure on the nerve root
- Degenerative disc disease (thinning and drying out) can cause pain along the sciatic nerve as the inflammatory proteins from the disc can become exposed and irritate the area
- Osteoarthritis degeneration of the lumbo-sacral spine or bony spur growth in the lower lumbar spine (L4-L5) can cause pressure on the nerves as they exit the inter-vertebral foramen.
- Piriformis syndrome – when the sciatic nerve becomes irritated because of excessive piriformis muscle tension.
- Pregnancy – pressure from the uterus
- Improperly administered intramuscular injection

Bowen Therapy for treating Sciatica

A study was undertaken to assess whether the Bowen Technique would provide relief for sciatic pain. The study consisted of forty nine clients, with forty six questionnaires returned. The other three were “telephone surveyed” to establish how they were after their Bowen treatments. The study took place over a period of six months.

RESULTS:

1. All clients who returned their questionnaire were impressed with their treatment and results.
2. 80% had no pain after 3-4 weeks, whilst a further eight were pain-free after 5-6 weeks.
3. 96% clients rated Bowen therapy as an effective treatment method to remove their pain, with only two clients saying they still had some pain although reduced.
4. Impressed with their results, 90% clients stated they would consider Bowen Therapy for other health matters.

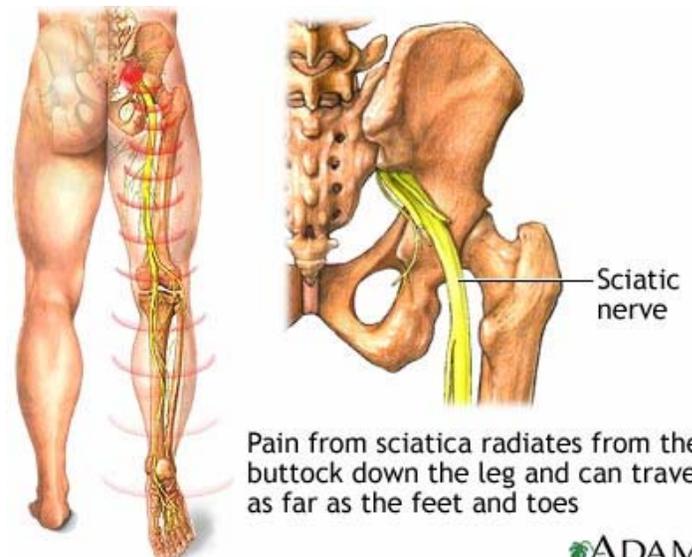
CONCLUSION: Most of the clients who presented with sciatic symptoms were relieved of pain in a short period of time after starting Bowen Therapy. Many of the clients were surprised to find that they were feeling much better and generally more at ease following their treatments. Some of these clients had tried other remedial treatments without success. Many of the participants had chronic pain that they had come to accept as being “sort of normal” because they had tried to relieve from various sources, but only minimal relief. It seem that many people expect to have pain, particularly in should and neck region because they are getting older.

Bowen therapy applied properly will help sciatic pain and other types of pain and discomfort to ease and allow the client to be pain-free within a short period of time after commencing treatment.

- Extracted from “Bowen Hands”
Dec 2005/Jan 2006

The main nerve traveling down the leg is the sciatic nerve. Pain associated with the sciatic nerve usually originates higher along the spinal cord when nerve roots become compressed or damaged from narrowing of the vertebral column or from a slipped disk.

Symptoms can include tingling, numbness, or pain, which radiates to the buttocks legs and feet.



Big Bear Hugs



Next time you feel stressed, ask someone special for a hug.

Researchers from the University of North Carolina have discovered that, not only do big hugs help beat stress; they even reduce the rate of heart disease.

The study also found that the happier the relationship, the more good the hug did.

Have Some Honey

If you battle to sleep after a stressful day, a little honey can give you sweet dreams.

Tryptophan, honey's active ingredient, increases serotonin levels in your brain, making you feel relaxed.



So have some in a glass of warm milk before bedtime.

Swwweeeet Dreams!

Don't let your heart become cold – reach out and touch. Serve. Love. It warms the heart



Psychologies Magazines, Oct/Nov 2007

The Innocence of a Smile

Unique to the human species, but occurring across all cultures at exactly the same stage of development, the smile appears in the first weeks of a baby's life. Later, the spontaneous, innocent and luminous smile of infancy takes on a character of a more deliberate gesture, made for social reasons and even taking the form of an 'appeasement ritual'.

Smiling disarms others because it demonstrates that we are not a threat. It hints at our personalities and our interior worlds. Enticing and ironic, it can be blatantly crafty when it plays at being angelic.

It can equally lighten our journey when we exchange a smile with a stranger - just like that, without a reason - for the sheer pleasure of it.

**Next workshops being held on: Saturday & Sunday,
17 & 18 October; 28 & 29 November; 12 & 13 December 2009**



Unleash your Sixth Sense

Learn to develop Your Intuitive Self

facilitated by Ren Redgrave

An interactive spiritual and psychic development workshop where you will be given the tools and fun exercises to help you develop your psychic abilities and increase your sensitivity to receive and trust your intuitive guidance...

- * psychic techniques explained * connect with your intuitive self *
- discover whether you are clairaudient, clairvoyant or clairsentient
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- activate your chakras * expand your awareness at will *
- sensing energy * expand your aura * cleansing & protection
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- * various scrying techniques * psychometry ... and lots of fun!

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For more information or the next dates, please call or email ren.redgrave@gmail.com

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Every body is better
with Bowen

Re-Use
Reduce
Recycle



Time to Contemplate . . .

There's always a chance to make a fresh start.
You can wipe the slate clean and begin again.
You can put the past behind you.
You can make a resolution and keep to it.
You can move on. You can let go.
You can do all these things.
Assuming, of course, that you want to.

Jonathan Cainer

Escape a family history of Varicose Veins

Dr Jonathan Wright, Nutrition & Healing

Question: My mother had a horrible case of varicose veins, and I'm starting to get them now too. Is there any way I can keep them from getting as bad as hers?

Dr. Wright: Varicose veins do run in families, but you can get them to slow down, or sometimes even stop, with vein-strengthening, flavonoid-rich foods and flavonoid supplements. You can boost your flavonoid levels by eating blue, red, and purple fruits or by taking a supplement high in flavonoids, such as bilberry, hawthorne, or ginkgo. Also, make sure you have enough fibre in your diet. Without it, pressure can build up in your abdomen, which may slow blood return from your legs and worsen those varicose veins.

Published on *Fleet Street Publications* (<http://www.fsp.co.za>)

Are you a night-shift worker?



If you are, your eating and sleeping patterns may be out of tune. Experts recommend eating smaller meals more frequently.

Don't make the mistake of gulping down snacks and chocolate bars. Instead, focus on foods that have lots of protein, such as lean meat, chicken, fish, dairy, nuts or beans. Also remember to have whole-grain carbohydrates and at least five portions of fruit and vegetables per day. Pack some small meals to munch on while you work if the cafeteria is not open when you're working.

www.health24.com

[Read more: Shift work shock](#)

Powerful Touch



New research shows that your skin might be more sensitive than you think. Psychologists have found we can decode emotions such as gratitude, sympathy and fear from just a touch – even when we're communicating with strangers.

In one study, volunteer "encoders" and "decoders" were seated on opposite sides of a thick curtain. The encoders were asked to think of how they might communicate a specific emotion, then to make contact with the decoder's bare arm, between the elbow and hand. The decoders were able to interpret the emotions of the unseen stranger at 'significantly above-chance levels.'

TEST YOUR KNOWLEDGE

1. In which human limb is a bone called the "ulna"?
2. What is the hard fruit of an oak tree called?
3. Who wrote the short story called *Six Feet of the Country*?
4. By what name is the religious figure Siddhartha Gautama better known?
5. Consommé and gazpacho are types of what food?

ANSWERS: 1. Arm 2. Acorn
3. Nadine Gordimer 4. Buddha 5. Soup